

5 A Day Recipes

Breakfast

French Toast with Blueberry-Orange Sauce

Serves 4

Provides 1 fruit serving per person

For breakfast, why not add fresh, frozen, or canned fruit topping to slices of French toast for a delicious start to your day? Try a ½ cup of strawberries, raspberries, or blackberries to get 1 fruit serving. Or a ½ cup of warm applesauce on French toast made with cinnamon-raisin bread-it smells simply wonderful. My favorite fruit topping is this blueberry-orange sauce-rich in Vitamin C, folic acid, and fiber. For this topping, warm 2 cups of fresh or frozen berries in a saucepan with ¼ cup orange juice concentrate. Then, top your French toast with ½ cup of the sauce for each person.

Sauce

- 2 cups fresh or frozen blueberries
- ¼ cup orange juice concentrate

French Toast

- ½ cup egg substitute or 2 whole eggs
- ¼ cup evaporated skim milk
- ½ teaspoon vanilla
- 8 slices whole wheat bread

1. Stir the blueberries and orange juice concentrate together in a saucepan and heat gently.
2. Preheat the oven to 250°F. Combine the egg substitute or eggs with the milk and vanilla. Heat a large heavy skillet and coat with pan spray. Dip as many slices of bread as will fit in the pan into the egg mixture and cook until brown on one side. Turn and brown the other side. Keep warm in the oven. Repeat with the rest of the bread.
3. Divide the French toast among 4 hot plates and spoon the sauce over them.

Nutritional Analysis per serving:

Per serving with egg substitute:
215 calories
3 g fat
11% calories from fat
1 g saturated fat
4% calories from saturated fat
40 g carbohydrates
372 mg sodium
6 g dietary fiber

Per serving with 2 eggs:
237 calories
5 g fat
20% calories from fat
1 g saturated fat
4% calories from saturated fat
40 g carbohydrates
353 mg sodium
6 g dietary fiber